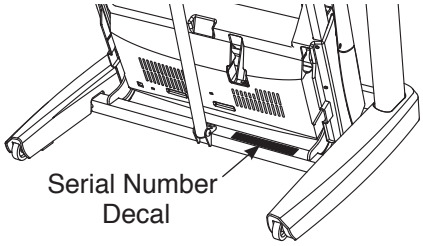
PRO-FORM®
PERFORMANCE 1450

www.proform.com

Model No. PFTL14511.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

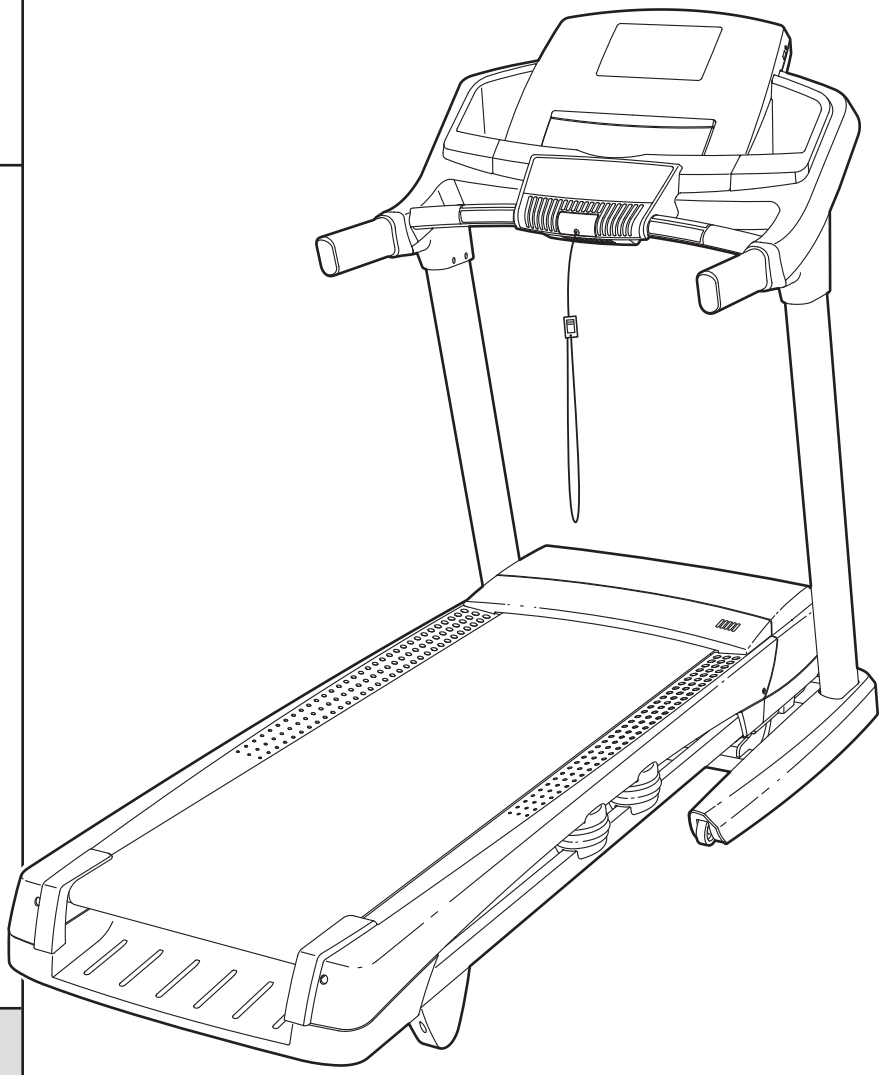
CALL TOLL-FREE:
1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.proformservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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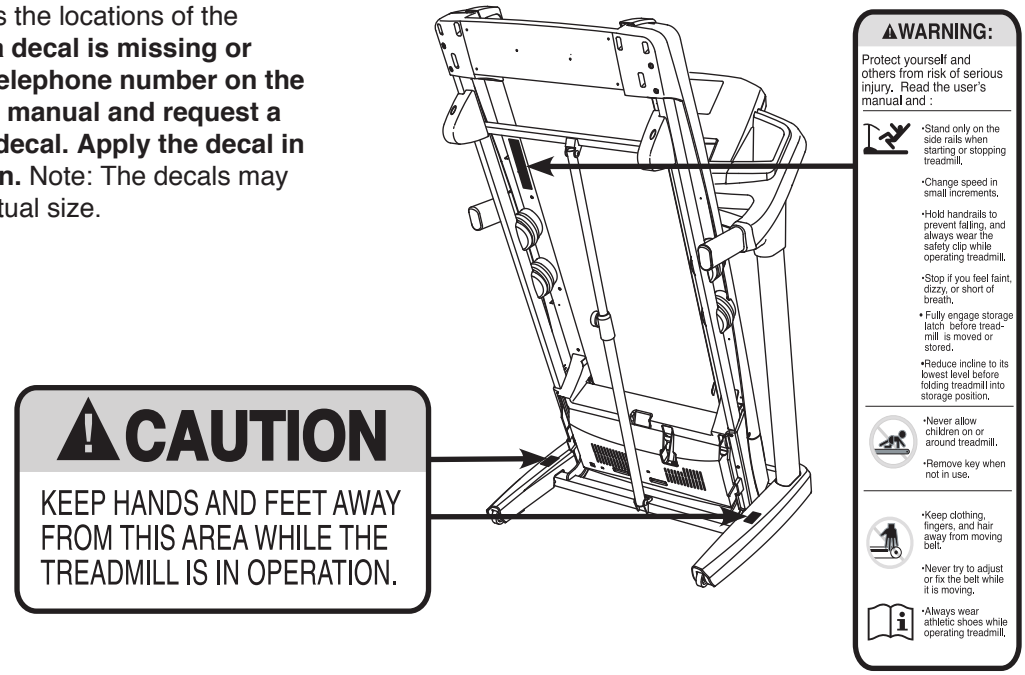
WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.


CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **Plug the power cord into a surge suppressor (not included), and plug the surge suppressor into an appropriate outlet (see page 15). To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit.**

12. **Use only a surge suppressor that meets all of the specifications described on page 15. To purchase a surge suppressor, see your local PROFORM dealer, call the telephone number on the front cover of this manual, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 29 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 17).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**

20. Never leave the treadmill unattended while it is running. Always remove the key, press the power switch into the off position (see the drawing on page 5 for the location of the power switch), and unplug the power cord when the treadmill is not in use.

21. Do not attempt to move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 28.) You must be able to safely lift 45 lbs. (20 kg) to move the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

23. Never insert any object into any opening on the treadmill.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. The treadmill is intended for home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

27. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

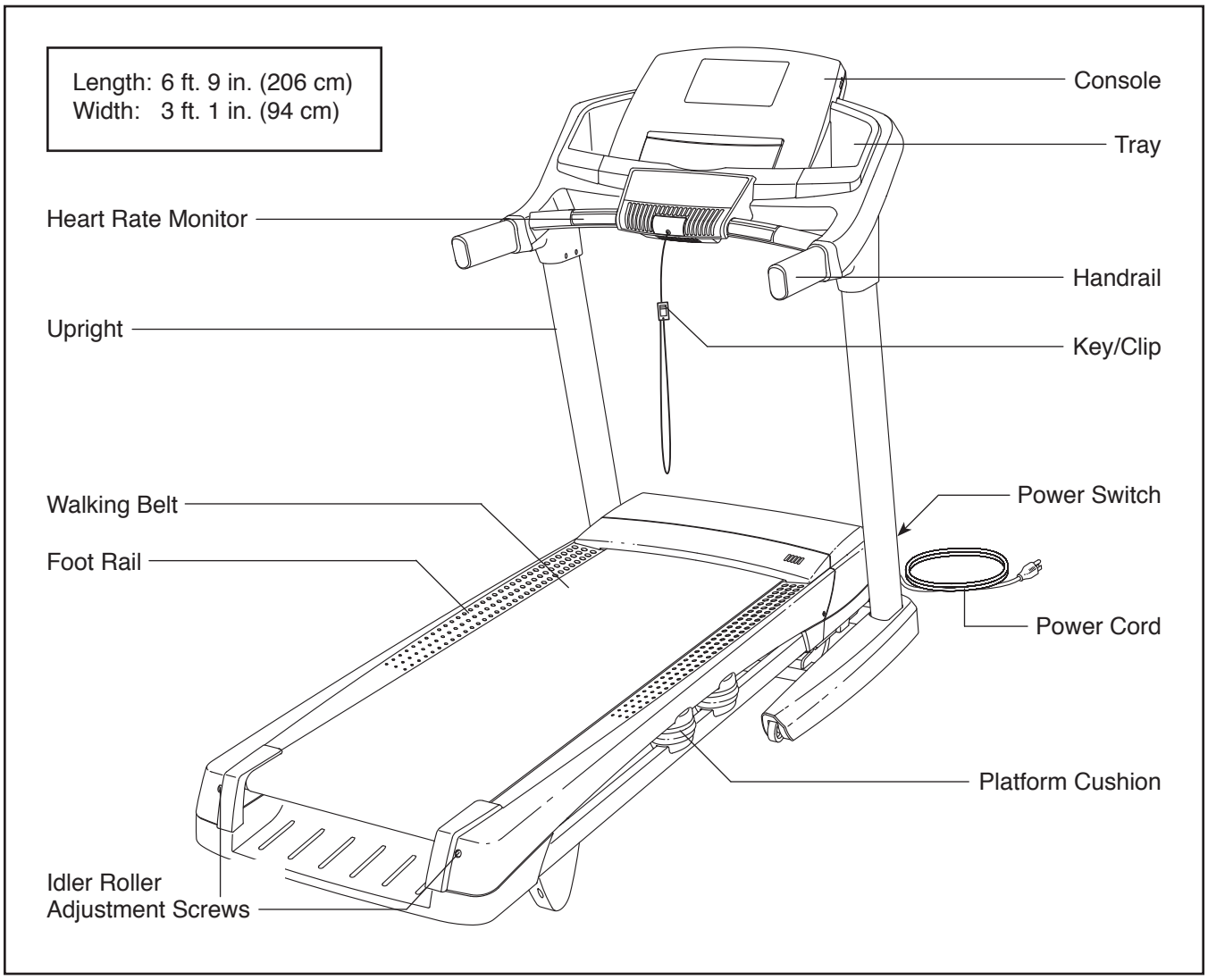
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® PERFORMANCE 1450 treadmill. The PERFORMANCE 1450 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

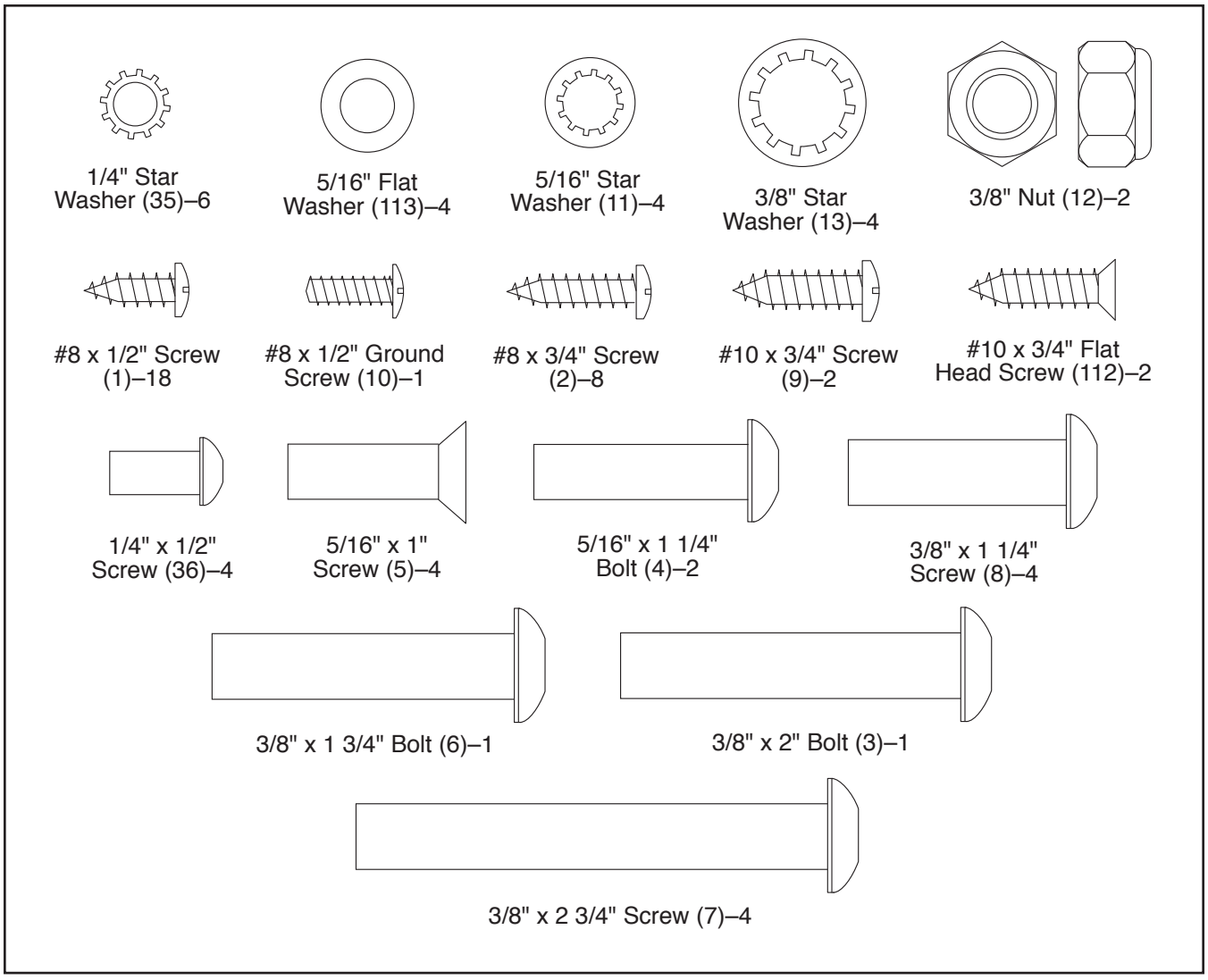
For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity used for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached. Extra hardware may be included.**

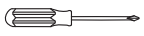

1/4" Star Washer (35)–6
5/16" Flat Washer (113)–4
5/16" Star Washer (11)–4
3/8" Star Washer (13)–4
3/8" Nut (12)–2
#8 x 1/2" Screw (1)–18
#8 x 1/2" Ground Screw (10)–1
#8 x 3/4" Screw (2)–8
#10 x 3/4" Screw (9)–2
#10 x 3/4" Flat Head Screw (112)–2
1/4" x 1/2" Screw (36)–4
5/16" x 1" Screw (5)–4
5/16" x 1 1/4" Bolt (4)–2
3/8" x 1 1/4" Screw (8)–4
3/8" x 1 3/4" Bolt (6)–1
3/8" x 2" Bolt (3)–1
3/8" x 2 3/4" Screw (7)–4

ASSEMBLY

- To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- After shipping, there may be an oily substance on the exterior of the incline trainer. This is normal. If there is an oily substance on the incline trainer, wipe it off with a soft cloth and a mild, non-abrasive cleaner.
- To identify small parts, see page 6.
- Assembly requires the following tools:

the included hex key

one adjustable wrench

one Phillips screwdriver 

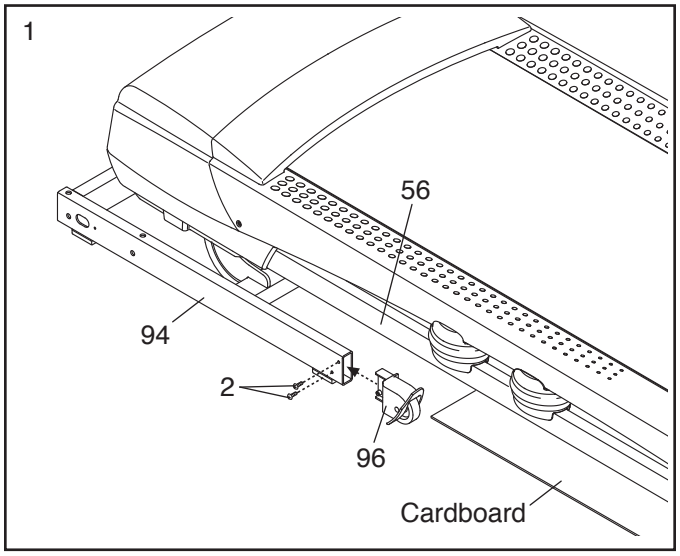
one pair of scissors

To avoid damaging parts, do not use power tools.

1. **Make sure that the power cord is unplugged.** Place a piece of cardboard below the rear of the Frame (56) to protect the floor or carpet.

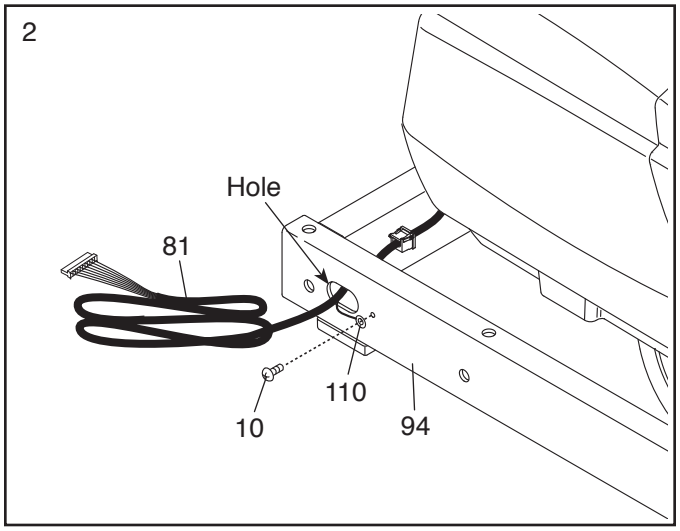
   Attach the Left Wheel Cap (96) to the Base (94) with two #8 x 3/4" Screws (2).

   Attach the Right Wheel Cap (not shown) to the right side of the Base (94) in the same way.



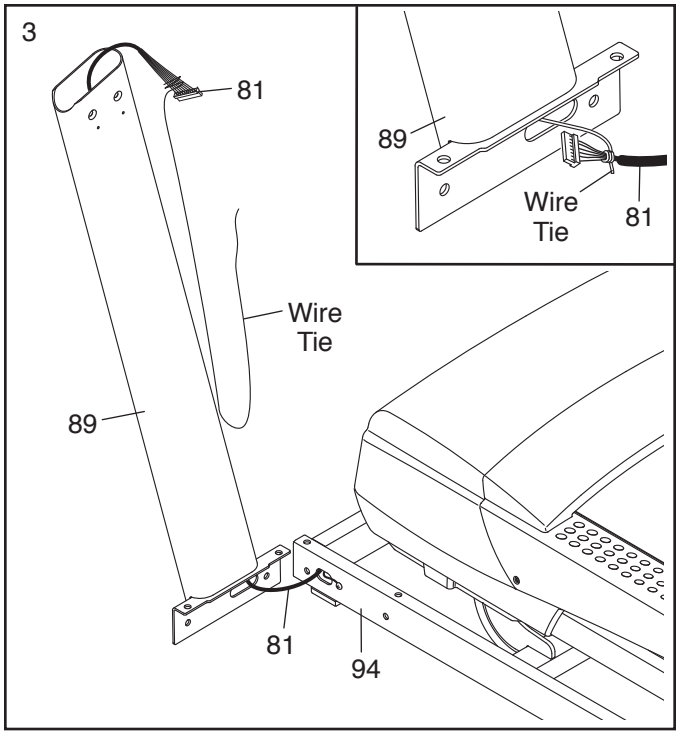
2. Pull the Upright Wire (81) and the Base Ground Wire (110) through the indicated hole in the Base (94).

   Attach the Base Ground Wire (110) to the Base (94) with a #8 x 1/2" Ground Screw (10).



3. Identify the Left Upright (89), which is marked with a “Left” sticker or an “L” sticker. Have a second person hold the Left Upright near the Base (94).

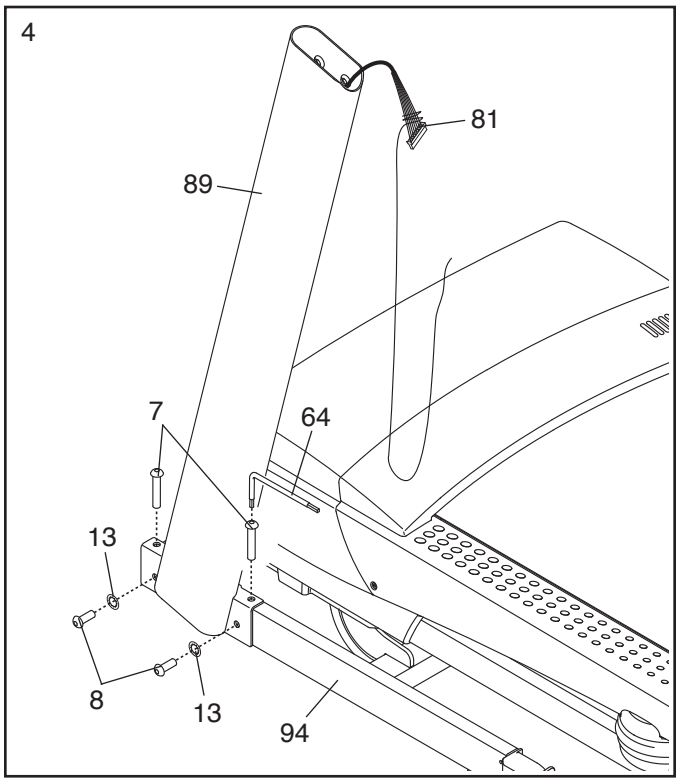
   See the inset drawing. Tie the wire tie in the Left Upright (89) securely around the end of the Upright Wire (81). Then, pull the other end of the wire tie until the Upright Wire is routed through the Left Upright.



4. Hold the Left Upright (89) against the Base (94). **Be careful not to pinch the Upright Wire (81).** Insert two 3/8" x 1 1/4" Screws (8) with two 3/8" Star Washers (13) and two 3/8" x 2 3/4" Screws (7) into the Left Upright.

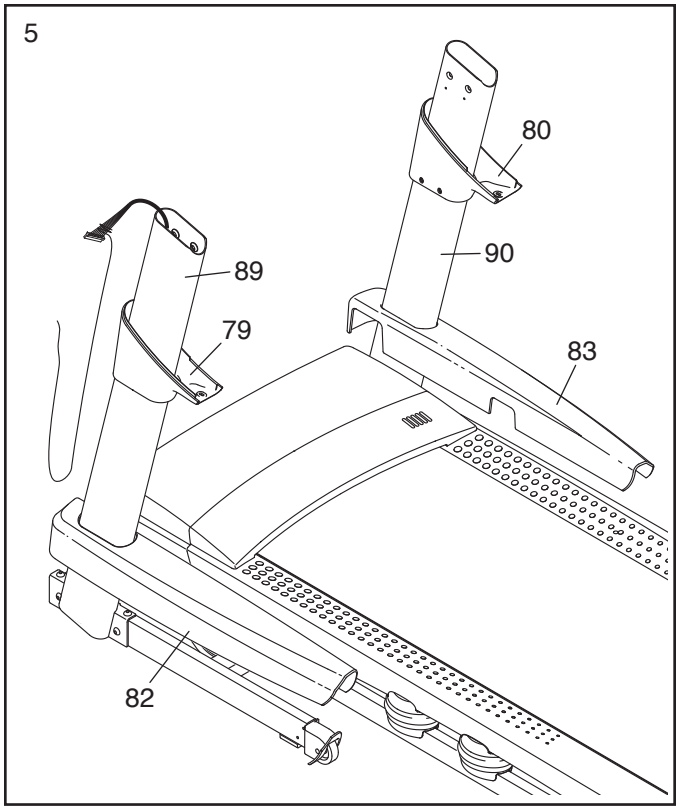
   Partially tighten the 3/8" x 2 3/4" Screws (7) and the 3/8" x 1 1/4" Screws (8) until the heads of the Screws touch the Left Upright (89); **do not fully tighten the Screws yet.** Note: It may be helpful to use the Short Hex Key (64) on the Screw shown.

   Attach the Right Upright (not shown) in the same way. Note: There are no wires on the right side.



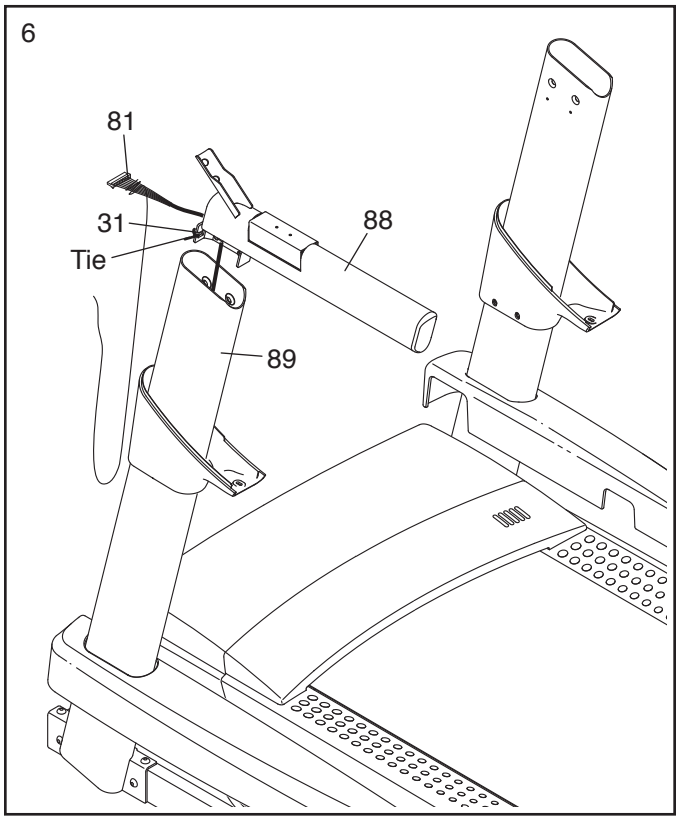
5. Identify the Left Base Cover (82) and the Right Base Cover (83). Slide the Left Base Cover onto the Left Upright (89). Slide the Right Base Cover onto the Right Upright (90). **Do not press the Base Covers into place yet.**

   Identify the Left Upright Cover (79) and the Right Upright Cover (80). Slide the Left Upright Cover onto the Left Upright (89). Slide the Right Upright Cover onto the Right Upright (90).



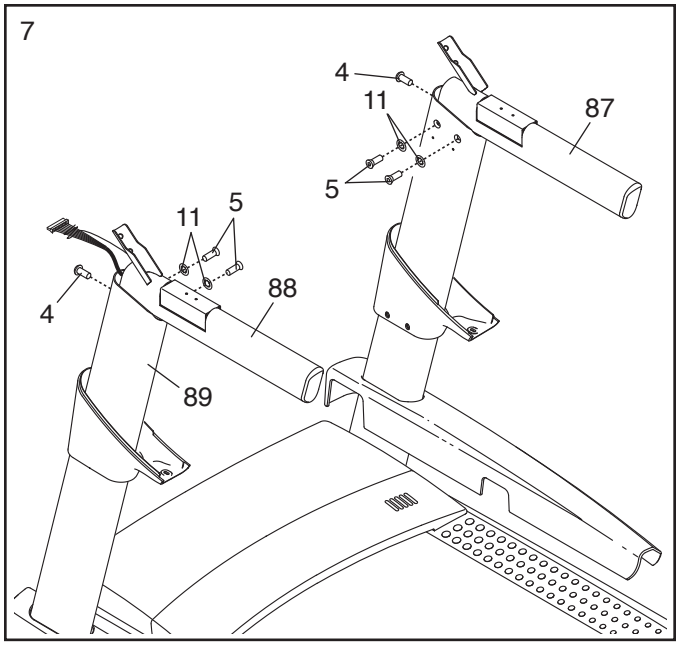
6. Cut the plastic tie in the Left Handrail (88) and the Right Handrail (not shown). If necessary, press the 5/16" Cage Nuts (31) back into place.

   Identify the Left Handrail (88) and hold it near the Left Upright (89). Insert the Upright Wire (81) through the bracket on the bottom of the Left Handrail. Pull the Upright Wire out of the end of the Left Handrail.



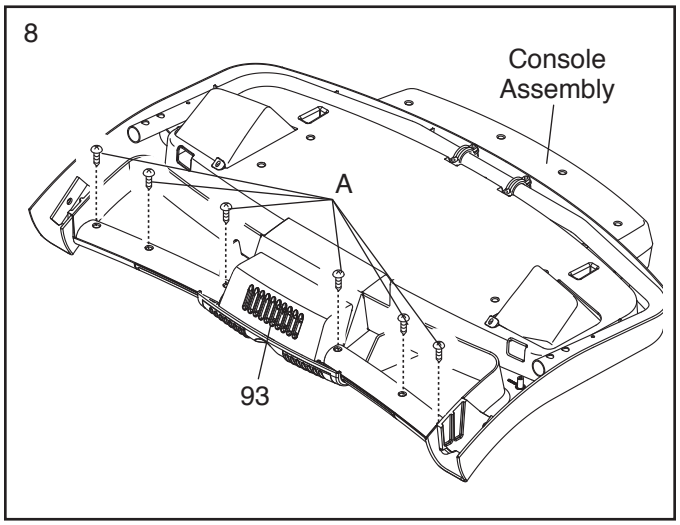
7. Attach the Left Handrail (88) to the Left Upright (89) with two 5/16" x 1" Screws (5), two 5/16" Star Washers (11), and a 5/16" x 1 1/4" Bolt (4). **Do not tighten the Screws and Bolt yet.**

   Attach the Right Handrail (87) in the same way.



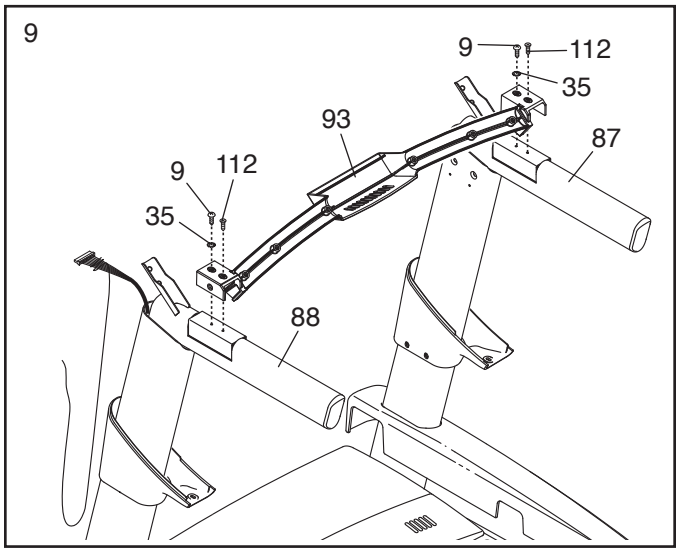
8. Set the console assembly face down on a soft surface to avoid scratching the console assembly.

   Remove all the Screws (A) attaching the Crossbar (93). Next, lift off the Crossbar. Discard the Screws.



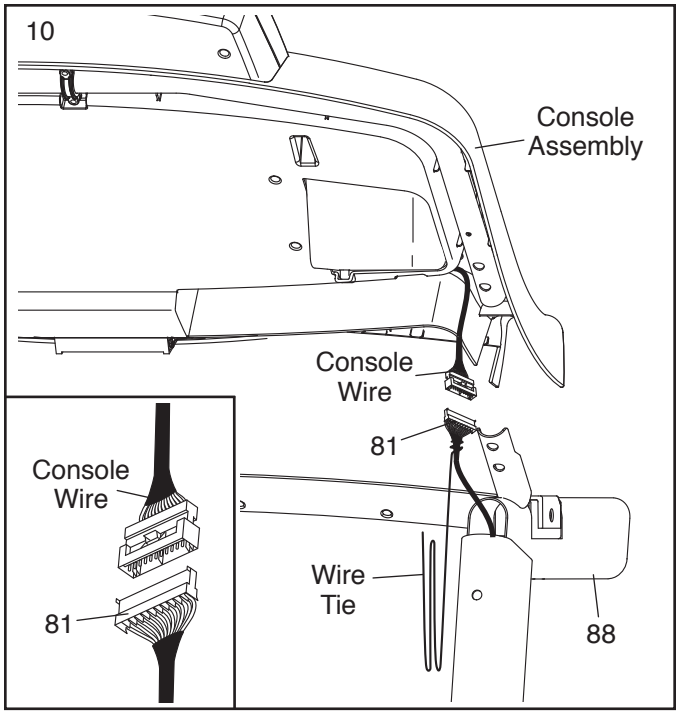
9. **IMPORTANT: To avoid damaging the Crossbar (93), do not use power tools and do not overtighten the #10 x 3/4" Screws (9) or the #10 x 3/4" Flat Head Screws (112).**

   Orient the Crossbar (93) as shown. Attach the Crossbar to the Handrails (87, 88) with two #10 x 3/4" Flat Head Screws (112), two #10 x 3/4" Screws (9), and two 1/4" Star Washers (35) as shown. **Start all four Screws, and then tighten them.**



10. With the help of a second person, hold the console assembly near the Left Handrail (88).

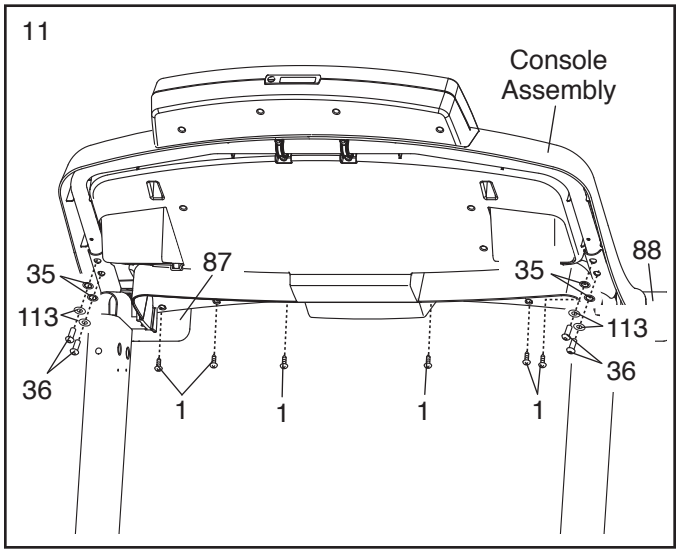
    Connect the Upright Wire (81) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Remove the wire tie from the Upright Wire.



11. Set the console assembly on the Right Handrail (87) and the Left Handrail (88). **Be careful not to pinch any wires.** Insert the excess Upright Wire (not shown) into the Left Handrail.

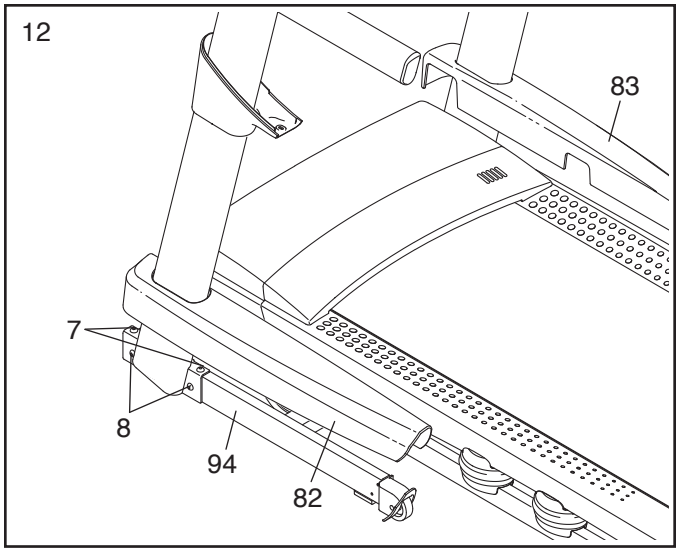
    Attach the console assembly with six #8 x 1/2" Screws (1) and four 1/4" x 1/2" Screws (36) with four 5/16" Flat Washers (113) and four 1/4" Star Washers (35) as shown. **Start all ten Screws, and then tighten them.**

    See step 7. Tighten the four 5/16" x 1" Screws (5) and the two 5/16" x 1 1/4" Bolts (4).

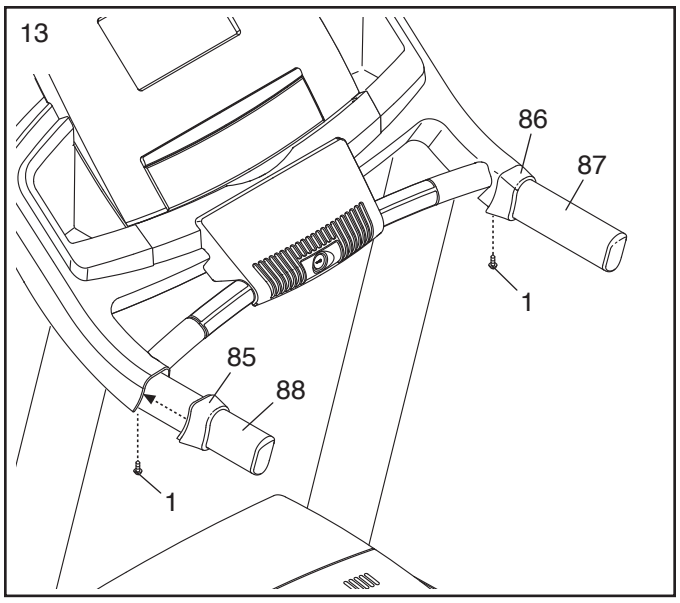


12. Tighten the four 3/8" x 2 3/4" Screws (7) first and then the four 3/8" x 1 1/4" Screws (8) (only one side is shown).

    Press the Left Base Cover (82) and the Right Base Cover (83) onto the Base (94) until they snap into place.

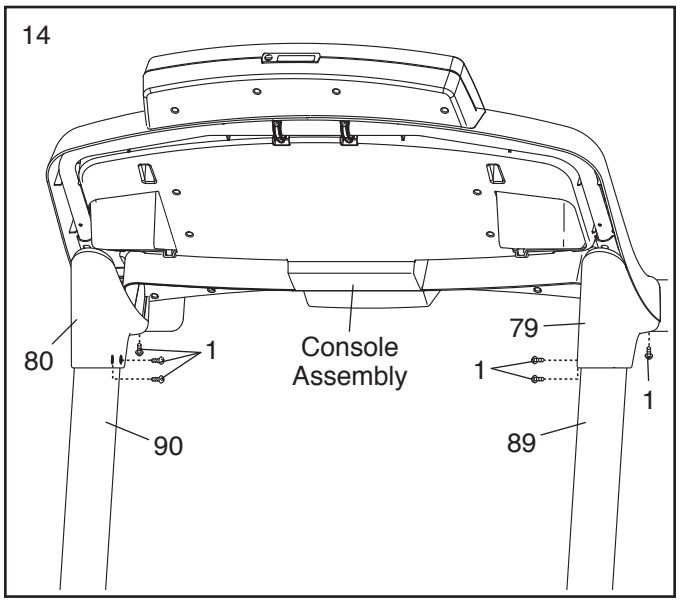


13. Slide the Left Handrail Cover (85) onto the Left Handrail (88). Slide the Right Handrail Cover (86) onto the Right Handrail (87). Attach each Handrail Cover with a #8 x 1/2" Screw (1).

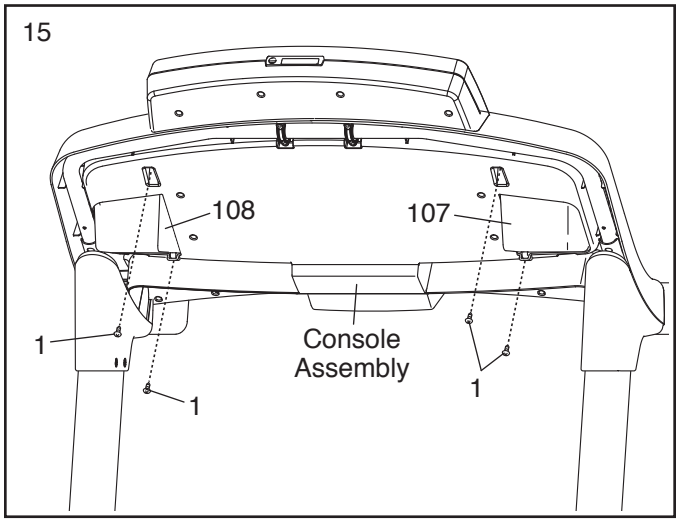


14. Hold the Left Upright Cover (79) against the console assembly. Align the holes in the Left Upright Cover with the holes in the Left Upright (89). Attach the Left Upright Cover with three #8 x 1/2" Screws (1).

Attach the Right Upright Cover (80) to the Right Upright (90) in the same way.



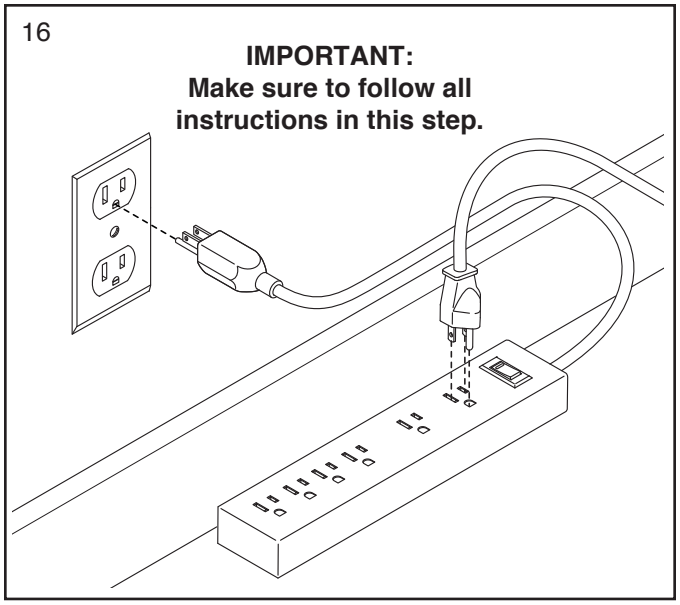
15. Attach the Left Tray (107) and the Right Tray (108) to the console assembly with four #8 x 1/2" Screws (1).



16. **IMPORTANT: See page 15 and plug in the power cord. Next, see page 17 and turn on the power.**

See page 25; follow steps 1, 2, and 4.

When the frame stops moving, remove the key from the console and unplug the power cord.



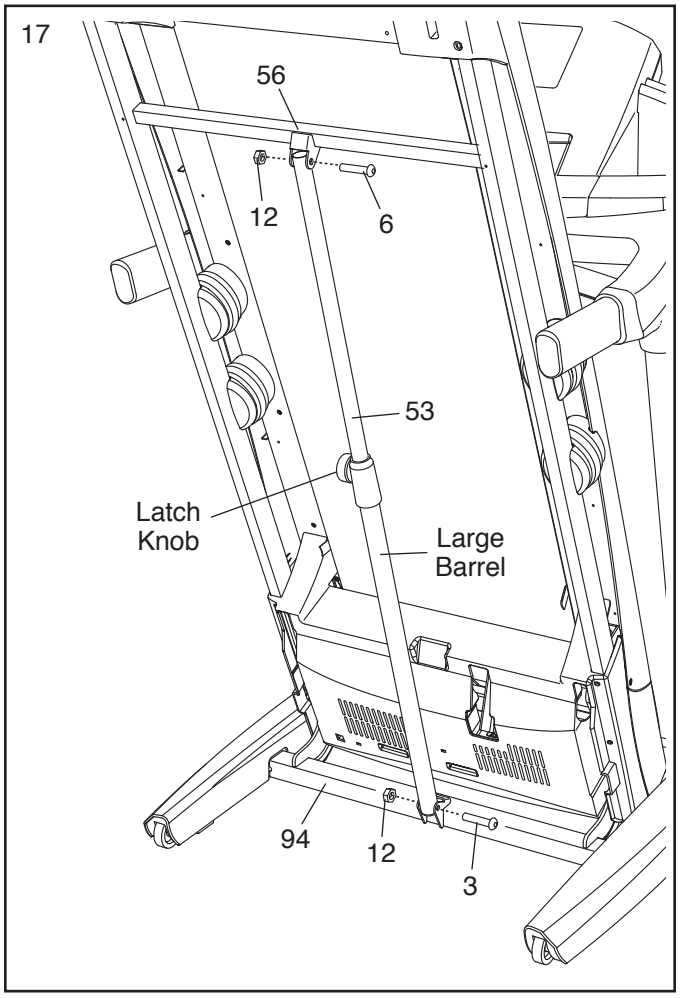
17. **IMPORTANT: Before you begin this step, make sure that you have read and followed all of the instructions in step 16.**

Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (53) so that the large barrel and the latch knob are oriented as shown; **make sure that the caps remain in the ends of the Storage Latch.**

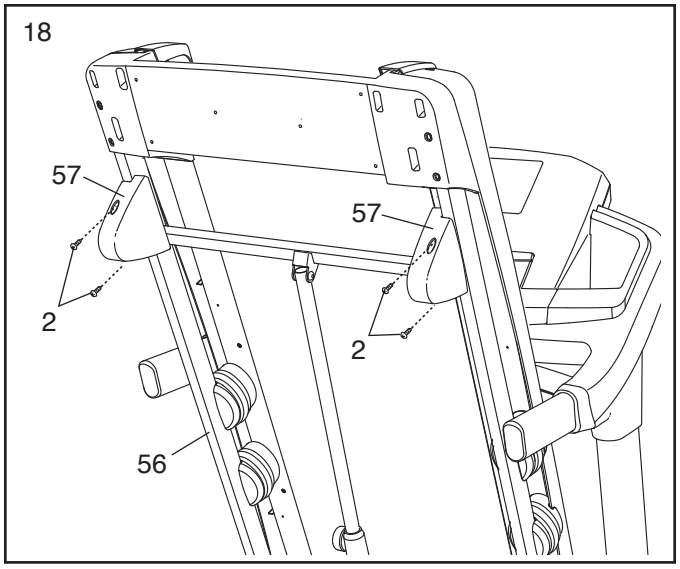
Attach the lower end of the Storage Latch (53) to the Base (94) with a 3/8" x 2" Bolt (3) and a 3/8" Nut (12).

Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 1 3/4" Bolt (6) and a 3/8" Nut (12).

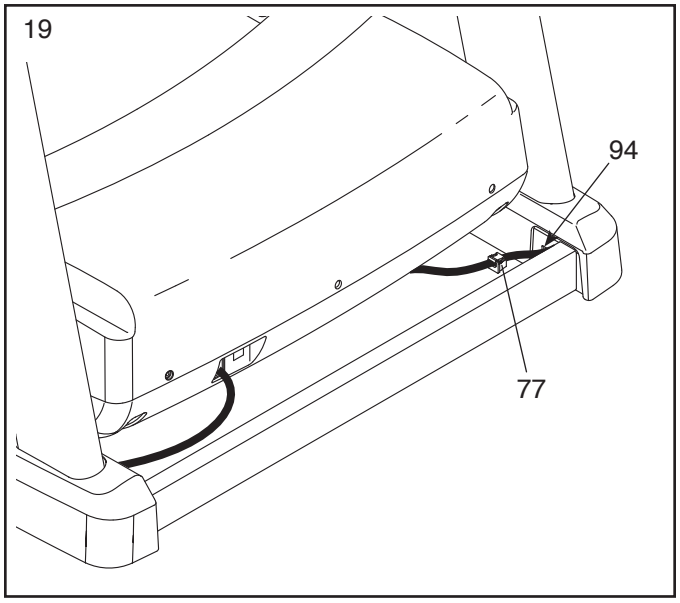


18. Attach the Rear Feet (57) to the Frame (56) as shown with four #8 x 3/4" Screws (2).

Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).



19. Press the Grommet (77) into the square hole in the Base (94).



20. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 30 and 31).

OPERATION AND ADJUSTMENT

HOW TO CONNECT THE POWER CORD

Use a Surge Suppressor

Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the risk of damaging the treadmill, always use a surge suppressor with the treadmill. To purchase a surge suppressor, see precaution 12 on page 3.**

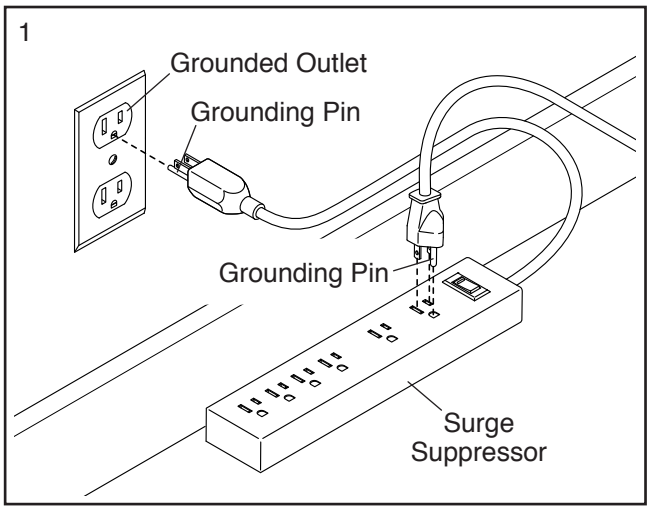
Use only a surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must also be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill and serious injury to users.**

Plug in the Power Cord

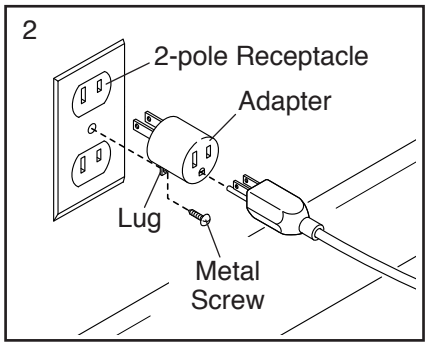
The treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill power cord has a plug with a grounding pin (see drawing 1 on this page).

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the treadmill is properly grounded, contact a qualified electrician.

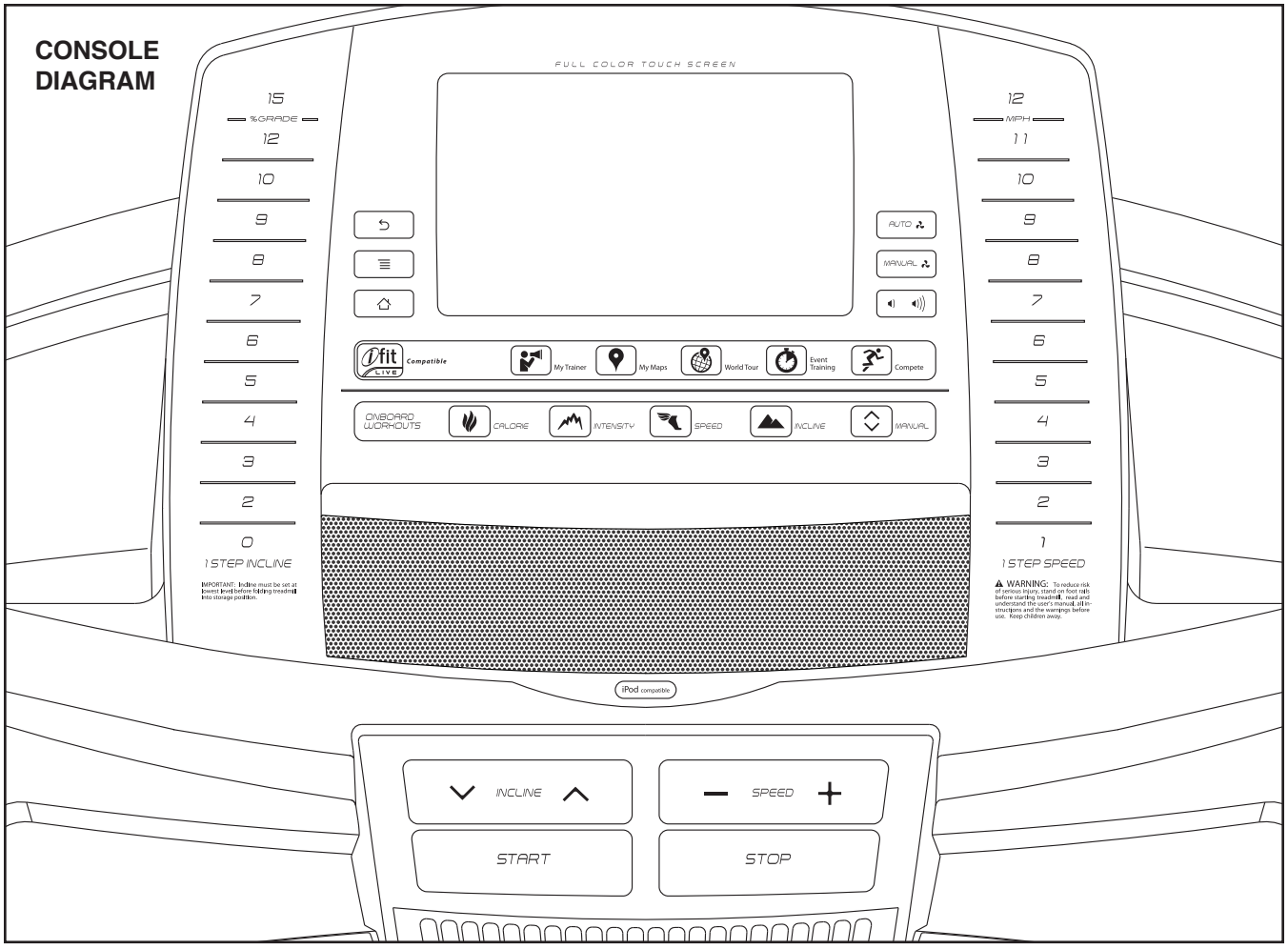
Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit capable of carrying 15 or more amps. To avoid overloading the circuit, do not plug other electrical devices, except for low-power devices such as cell phone chargers, into the surge suppressor or into an outlet on the same circuit. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**



A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available.



The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**



FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. The console features revolutionary iFit Live technology that enables the treadmill to communicate with your wireless network. With iFit Live technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts, including eight calorie workouts, eight intensity workouts, eight speed workouts, eight incline workouts, and six iFit Live demo workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. In addition, you can set a time, distance, calorie, or pace goal.

When you use the manual mode, you can change the speed and incline of the treadmill with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor.

You can even browse the Internet or listen to your favorite workout music or audio books with the console's stereo sound system while you exercise.

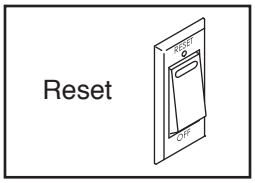
To turn on the power, see page 17. **To learn how to use the touch screen,** see page 17. **To set up the console,** see page 18.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 4 on page 24. For simplicity, all instructions in this section refer to miles.

HOW TO TURN ON THE POWER

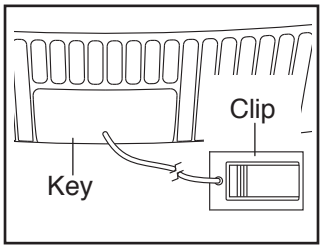
IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console display or other electrical components.

Plug in the power cord (see page 15). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the switch is in the reset position.



IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the demo mode is turned on, the display will show a demo presentation after you plug in the power cord and press the power switch into the reset position, before you insert the key. To turn off the demo mode, see step 5 on page 24.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. **IMPORTANT: In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**



Note: It may take a minute for the console to be ready for use.

HOW TO USE THE TOUCH SCREEN

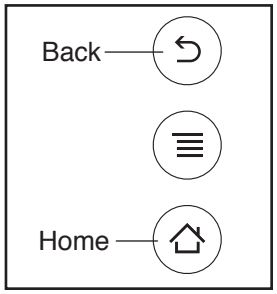
The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 5 on page 19). However, you cannot zoom in and out by sliding your fingers on the screen.

- The screen is not pressure sensitive. You do not need to press hard on the screen.

- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

- Use the buttons on the console shown to navigate the tablet. Press the Back button to return to the previous screen. Press the Home button to return to the main menu. Note: The center button does not function.



HOW TO SET UP THE CONSOLE

Before using the treadmill for the first time, set up the console.

1. **Connect to your wireless network.**

   Note: In order to access the Internet, download iFit Live workouts, and use other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 26 to connect the console to your wireless network.

2. **Check for firmware updates.**

   First, see step 1 on page 24 and step 2 on page 25 and select the maintenance mode. Then, see step 3 on page 25 and check for firmware updates.

3. **Calibrate the incline system.**

   See step 4 on page 25 and calibrate the incline system of the treadmill (unless you already did so during assembly).

4. **Create an iFit Live account.**

   Touch the globe button near the lower-left corner of the screen and touch the iFit Live button.

   Note: For information about navigating in the browser, see page 27. The browser will open to the iFit.com home page. Touch the Register button in the upper-right corner of the screen.

   The browser will open to the iFit.com registration page. Touch an entry box to view the keyboard. Slide your finger up or down the screen to scroll up or down the page.

   Next, enter a username and password and your e-mail address. Enter the activation code from the iFit Live flier that came with the treadmill. Touch the Place of Purchase drop-down menu for a list of options; then, touch the location where you purchased your product. Touch the words MEDICAL DISCLAIMER, read the medical disclaimer, touch the I Accept button, and check the medical disclaimer checkbox. Then, touch the Confirm Activation Code button.

   Enter the requested personal information. When you have entered all of the information, touch the Finish button. Then, touch the Home button on the console to exit the browser.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 19. **To use an onboard workout,** see page 21. **To use a set-a-goal workout,** see page 22. **To use an iFit Live workout,** see page 23.

To use the equipment settings mode, see page 24. **To use the maintenance mode,** see page 25. **To use the wireless network mode,** see page 26. **To use the stereo sound system,** see page 27. **To use the Internet browser,** see page 27.

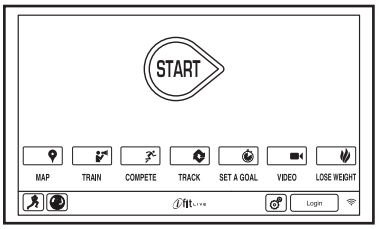
IMPORTANT: If there are sheets of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 31).

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17. **Note: It may take a minute for the console to be ready for use.**

2. **Select the main menu.**



   When you turn on the power, the main menu should appear after the console boots up. Touch the home button in the lower-left corner of the screen to return to the main menu at any time.

3. **Start the walking belt and adjust the speed.**

   Touch the Start button on the screen or press the Start button on the console to start the walking belt. You can also press the Manual button on the console, and then touch the Resume button on the screen. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph.

   If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting. To select a speed setting that includes a decimal—such as 3.5 mph—press two numbered buttons in succession. For example, to select a speed setting of 3.5 mph, press the 3 button and then immediately press the 5 button.

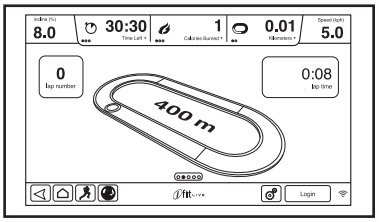
   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered 1 Step Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

   Note: The first time you adjust the incline, you must first calibrate the incline system (see step 4 on page 25).

5. **Monitor your progress.**

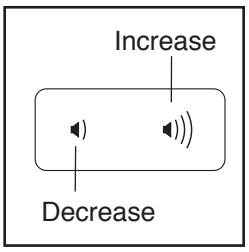


   The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, simply flick or slide the screen (see page 17). You can also view additional information by touching the red boxes on the screen.

   As you walk or run on the treadmill, the screen can show the following workout information:

   - The incline level of the treadmill
   - The elapsed time
   - The time left (Note: The manual mode does not have a time left countdown.)
   - The approximate number of calories you have burned
   - The approximate number of calories you are burning per hour
   - The distance that you have walked or run
   - The number of vertical feet you have climbed
   - The speed of the walking belt
   - A track representing 1/4 mile (400 m)
   - Your pace in minutes per mile
   - Your current lap number
   - Your heart rate (see step 6)

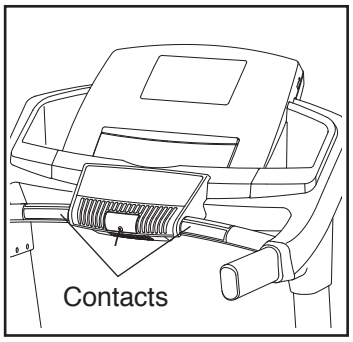
If desired, adjust the volume by pressing the volume increase and decrease buttons on the console.



To pause the workout, touch one of the menu buttons or press the Stop button on the console. To continue the workout, touch the Resume button or the Start button. To end the workout session, touch the End Workout button.

6. Measure your heart rate if desired.

Before using the handgrip heart rate monitor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.

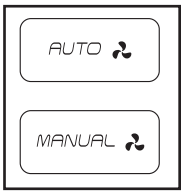


To measure your heart rate, **stand on the foot rails** and hold the contacts with your palms for approximately ten seconds; **avoid moving your hands.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. Turn on the fan if desired.

The fan features multiple speed settings and an auto mode. When the auto mode is selected, the speed of the fan will automatically increase and decrease as the speed of the walking belt increases and decreases.

Press the Manual fan button repeatedly to select a fan speed or to turn off the fan. Press the Auto fan button to select the auto mode or to turn off the fan.



8. When you are finished exercising, remove the key from the console.

Step onto the walking platform and touch the home button or the back button on the screen or press the Stop button on the console. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen. Then, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select an onboard workout.**

   To select an onboard workout, press the Calorie button, the Intensity button, the Speed button, or the Incline button on the console. Note: You can also touch the runner icon on the screen to select the Workouts menu.

   Then, select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the incline settings of the workout.

3. **Start the workout.**

   Touch the Start Workout button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each workout is divided into several segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. To view the profile, flick or slide the screen. The vertical colored line will indicate the current segment of the workout. The bottom profile represents the incline setting of the current segment. The top profile represents the speed setting of the current segment.

   At the end of the first segment of the workout, the treadmill will automatically adjust to the speed and/or incline settings for the next segment.

   The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

   If the speed or incline setting is too high or too low at any time during the workout, you can override the setting by pressing the Speed or Incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To pause the workout, touch either the back button or the home button in the lower-left corner of the screen, or press the Stop button on the console. To continue the workout, touch the Resume button or press the Start button on the console. To end the workout, touch the End Workout button.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.

4. **Monitor your progress.**

   See step 5 on page 19. The screen can also show a profile of the speed and incline settings of the workout.

5. **Measure your heart rate if desired.**

   See step 6 on page 20.

6. **Turn on the fan if desired.**

   See step 7 on page 20.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 20.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Insert the key into the console.**

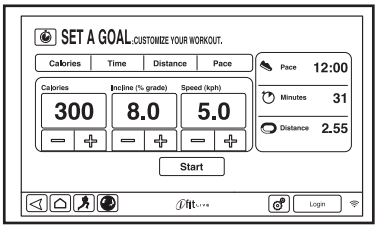
   See HOW TO TURN ON THE POWER on page 17.

2. **Select the main menu.**

   See step 2 on page 19.

3. **Select a set-a-goal workout.**

   To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

   To set a time, distance, calorie, or pace goal, touch the Time, Distance, Calories, or Pace button. Then, touch the increase and decrease buttons on the screen to select a time, distance, calorie, or pace goal and to select the speed and incline for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

   Touch the Start button to start the workout. A moment after you touch the button, the walking belt will begin to move. Hold the handrails and begin walking.

   The workout will function in the same way as the manual mode (see pages 19 and 20).

   The workout will continue until you reach the goal that you set. The walking belt will then slow to a stop, and a workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your metabolic rate.

5. **Monitor your progress.**

   See step 5 on page 19.

6. **Measure your heart rate if desired.**

   See step 6 on page 20.

7. **Turn on the fan if desired.**

   See step 7 on page 20.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 20.

HOW TO USE AN IFIT LIVE WORKOUT

Note: To use an iFit Live workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). An iFit Live account is also required.

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

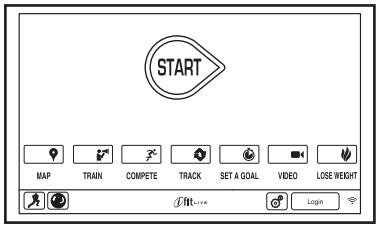
2. **Select the main menu.**

   See step 2 on page 19.

3. **Log in to your iFit Live account.**

   If you have not already done so, touch the Login button to log in to your iFit Live account. The screen will ask for your iFit.com username and password. Enter them and touch the Submit button. Touch the Cancel button to exit the login screen.

4. **Select an iFit Live workout.**

   To download an iFit Live workout in your schedule, touch the Map, Train, Video, or Lose Weight button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit Live account.

   To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 22). Note: You can also press one of the iFit Live buttons on the console.

   To switch users within the account, touch the user button near the lower right corner of the screen.

   Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit Live workouts, please see www.iFit.com.

   When you select an iFit Live workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. **Start the workout.**

   See step 3 on page 21.

   During some workouts, the voice of a personal trainer will guide you through your workout.

6. **Monitor your progress.**

   See step 5 on pages 19 and 20. The screen may also show a map of the trail you are walking or running.

   During a competition workout, the screen will show the speeds of the runners and the distances they have run. The screen will also show the numbers of seconds that the other runners are ahead of you or behind you.

7. **Measure your heart rate if desired.**

   See step 6 on page 20.

8. **Turn on the fan if desired.**

   See step 7 on page 20.

9. **When you are finished exercising, remove the key from the console.**

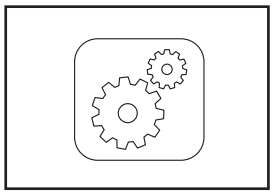
   See step 8 on page 20.

For more information about the iFit Live mode, go to www.iFit.com.

HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to select a language and the unit of measurement, to turn on and turn off the display demo mode, and to enable or disable the key.

1. **Select the settings main menu.**



Insert the key into the console (see HOW TO TURN ON THE POWER on page 17). Next, select the main menu (see step 2 on page 19). Then, touch the gears button near the lower right corner of the screen to select the settings main menu.

2. **Select the equipment settings mode.**

In the settings main menu, touch the Equipment Settings button.

3. **Select a language.**

To select a language, touch the Language button and select the desired language. Then, touch the back button on the screen to return to the equipment settings mode. Note: This feature may not be enabled.

4. **Select the unit of measurement.**

Touch the US/Metric button to view the selected unit of measurement. Change the unit of measurement, if desired. Then, touch the back button on the screen.

5. **Turn on or turn off the display demo mode.**

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button on the screen.

6. **Enable or disable the key.**

Note: This feature may not be enabled on your treadmill.

You can disable the key so that the treadmill does not require the use of the key if desired. Touch the Safety Key button. To disable the key, touch the Disable checkbox. **CAUTION: Read the safety warning on the screen before disabling the key.** To enable the key again, touch the Enable checkbox.

7. **Enable or disable a passcode.**

The console features a child safety passcode, designed to prevent unauthorized users from using the treadmill.

Touch the Passcode button. To enable a passcode, touch the Enable checkbox. Then, enter a 4-digit passcode of your choice. Touch Save to use this passcode. Touch Cancel to return to the equipment settings mode and not use a passcode. To disable the passcode, touch the Disable checkbox.

Note: If a passcode is enabled, the console will regularly ask for you to enter the passcode. The console will remain locked until the correct passcode is entered. **IMPORTANT: If you forget your passcode, enter the following master passcode to unlock the console: 1985.**

8. **Exit the equipment settings mode.**

To exit the equipment settings mode, touch the back button on the screen.

HOW TO USE THE MAINTENANCE MODE

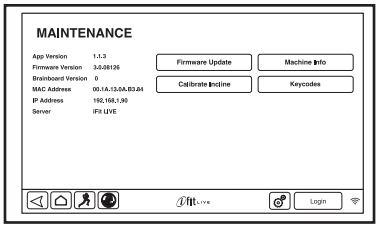
The console features a maintenance mode that allows you to update the console firmware, calibrate the incline of the treadmill, calibrate the screen, view technical information, and view a button's keycode.

1. Select the settings main menu.

See step 1 on page 24.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.



The maintenance mode main screen will show information about the model and version of the treadmill.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the treadmill, do not turn off the power or remove the key while the firmware is being updated.

Note: If you cannot update the console firmware over your wireless network, you can update the firmware using a USB drive. Go to www.iFit.com and download the latest firmware update onto your USB drive. Safely remove the USB drive from your computer and plug it into the USB port on the side of the console. The update should begin automatically.

The screen will show the progress of the update. When the update is complete, the treadmill will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

4. Calibrate the incline system of the treadmill.

Touch the Calibrate Incline button. Then, touch the Begin button to calibrate the incline system. The treadmill will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. Press the Cancel button to return to the maintenance mode. When the incline system is calibrated, touch the Finish button.

IMPORTANT: Keep pets, feet, and other objects away from the treadmill while the incline system is calibrating. In an emergency, pull the key from the console to stop the incline calibration.

5. View machine information.

Touch the Machine Info button to view information about your treadmill. After you view the information, touch the back button on the screen.

6. Find keycodes.

The Keycodes button is intended to be used by service technicians to identify whether a certain button is working correctly.

7. Exit the maintenance mode.

To exit the maintenance mode, press the back button on the console.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

1. **Select the settings main menu.**

   See step 1 on page 24.

2. **Select the wireless network mode.**

   In the settings main menu, touch the Wireless Network button to enter the wireless network mode.

3. **Enable Wi-Fi.**

   Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. **Set up and manage a wireless network connection.**

   When Wi-Fi is enabled, the screen will show a list of available networks. Note: It may take several seconds for the list of wireless networks to appear.

   Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

   Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

   When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

   An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

   To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.

   When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, press the back button on the console to return to the wireless network mode.

   To disconnect from a wireless network, select the wireless network and then touch the Forget button.

   If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

   Note: The iFit Live mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

   Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

5. **Exit the wireless network mode.**

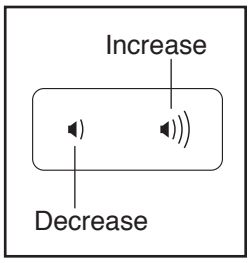
   To exit the wireless network mode, press the back button on the console.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's speakers, you must connect your MP3 player, CD player, or other personal audio player to the console.

Plug one end of your audio wire into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that your audio wire is fully plugged in.**

Next, press the play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume level on your personal audio player or press the volume increase and decrease buttons on the console.



If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

Note: The USB port on the side of the console is for firmware updates only.

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To return to the previous web page, press the back button on the console or touch the Browser Back button on the screen. To exit the browser, press the home button on the console or touch the Return button on the screen.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.

To enter a different web address in the URL bar, first, slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button.

Note: While you are using the browser, the speed, incline, fan, and volume buttons will still function, but the workout buttons will not function.

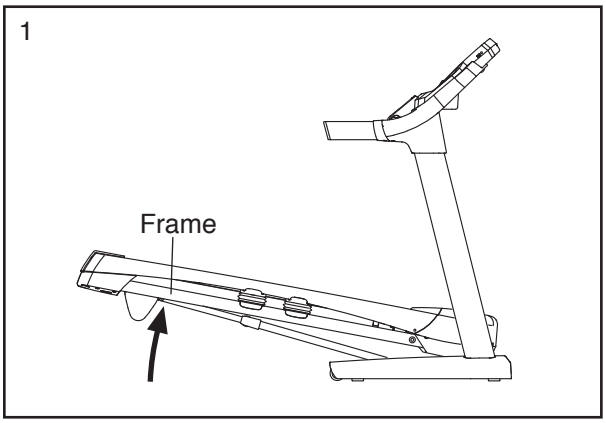
Note: If you have questions after following these instructions, go to www.iFit.com/support for assistance.

HOW TO FOLD AND MOVE THE TREADMILL

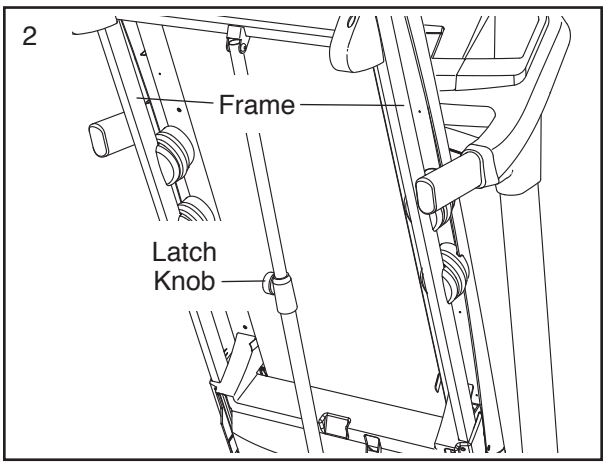
HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.**



2. Raise the frame until the latch knob locks in the storage position. **CAUTION: Make sure that the latch knob locks.**

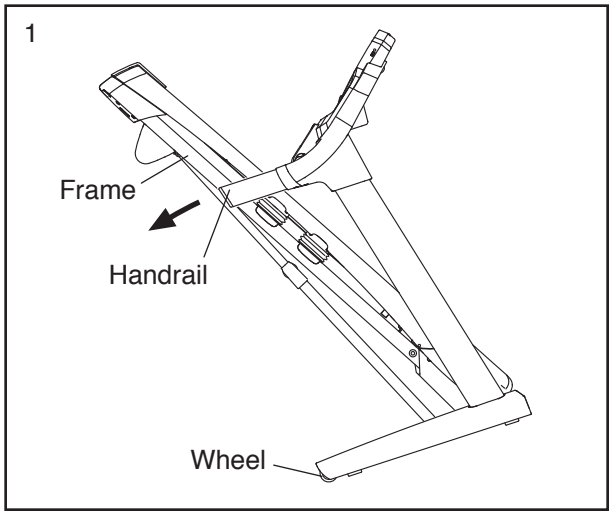


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.

HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Then, pull the latch knob to the left. **IMPORTANT: Do not turn the latch knob.** If necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

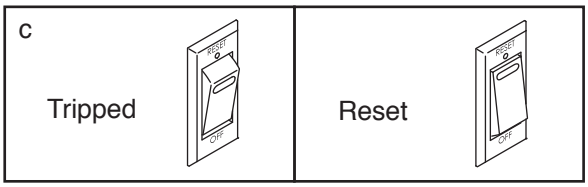
Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

SYMPTOM: The power does not turn on

a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 15). Use only a surge suppressor that meets all of the specifications described on page 15. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the switch has tripped. To reset the power switch, wait for five minutes and then press the switch back in.



SYMPTOM: The power turns off during use

a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console, and then reinsert it.

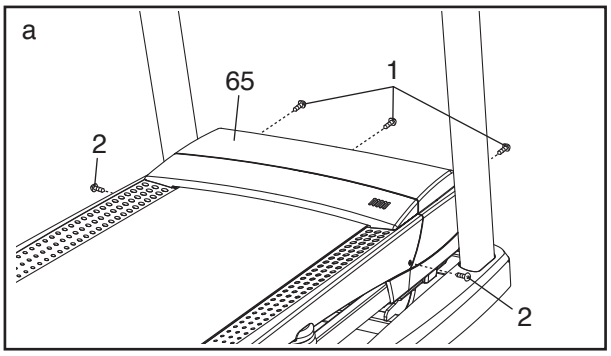
d. If the treadmill still will not run, please see the front cover of this manual.

SYMPTOM: The console displays remain lit when you remove the key from the console

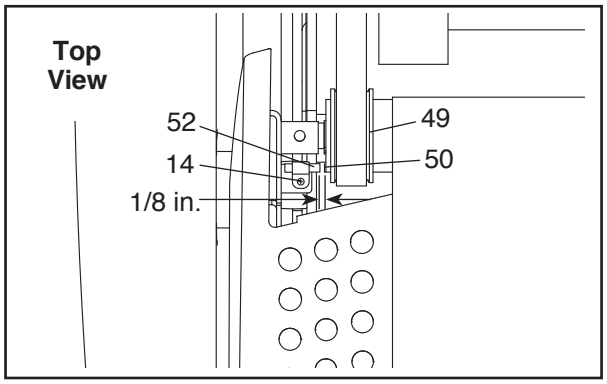
a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the screen shows a preset presentation when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the demo mode is still on, see step 5 on page 24 to turn off the demo mode.

SYMPTOM: The displays of the console do not function properly

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the three #8 x 1/2" Screws (1) and the two #8 x 3/4" Screws (2). Carefully pivot the Motor Hood (65) off.



Locate the Reed Switch (52) and the Magnet (50) on the left side of the Pulley (49). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 3/4" Tek Screw (14), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown) and run the treadmill for a few minutes to check for a correct speed reading.



SYMPTOM: The incline of the treadmill does not change correctly

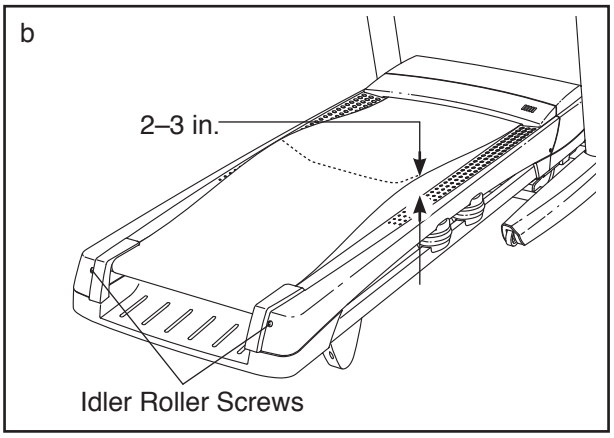
a. Calibrate the incline system (see step 4 on page 25).

SYMPTOM: The walking belt slows when walked on

a. Use only a surge suppressor that meets all of the specifications described on page 15.

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws counterclockwise, 1/4 of a turn.

When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

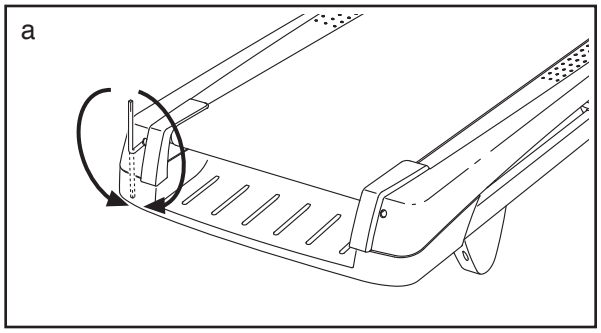


c. Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform unless instructed to do so by an authorized service representative. Such substances may deteriorate the walking belt and cause excessive wear.** If you suspect that the walking belt needs more lubricant, see the front cover of this manual.

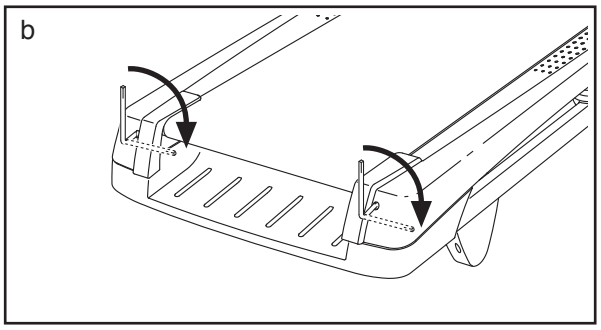
d. If the walking belt still slows when walked on, see the front cover of this manual.

SYMPTOM: The walking belt is off-center or slips when walked on

a. **If the walking belt is off-center,** first remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller screw clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller screw counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both idler roller screws clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



SYMPTOM: The iFit Live mode does not function correctly

a. If the iFit Live mode is not functioning correctly, make sure that the treadmill has the most current firmware available (see step 3 on page 25).

SYMPTOM: The treadmill will not connect to the wireless network

a. Make sure that the wireless settings on your console are correct (see step 4 on page 26).

b. Make sure that the settings for your wireless network are correct.

c. If you still have questions, see the front cover of this manual.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

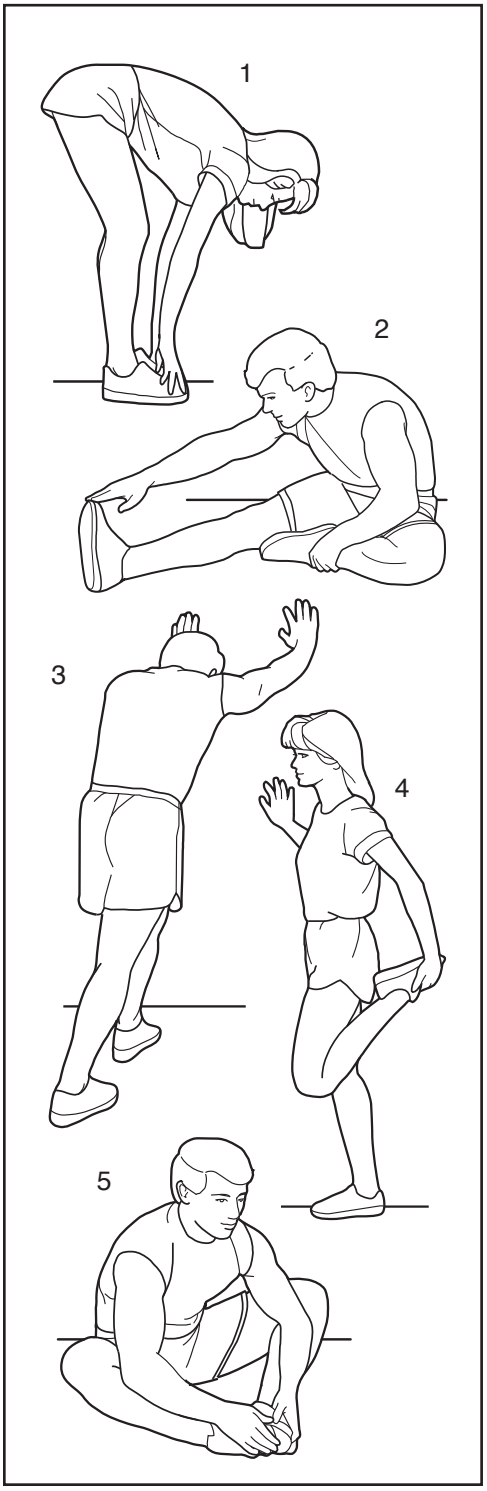
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. PFTL14511.1 R0312A

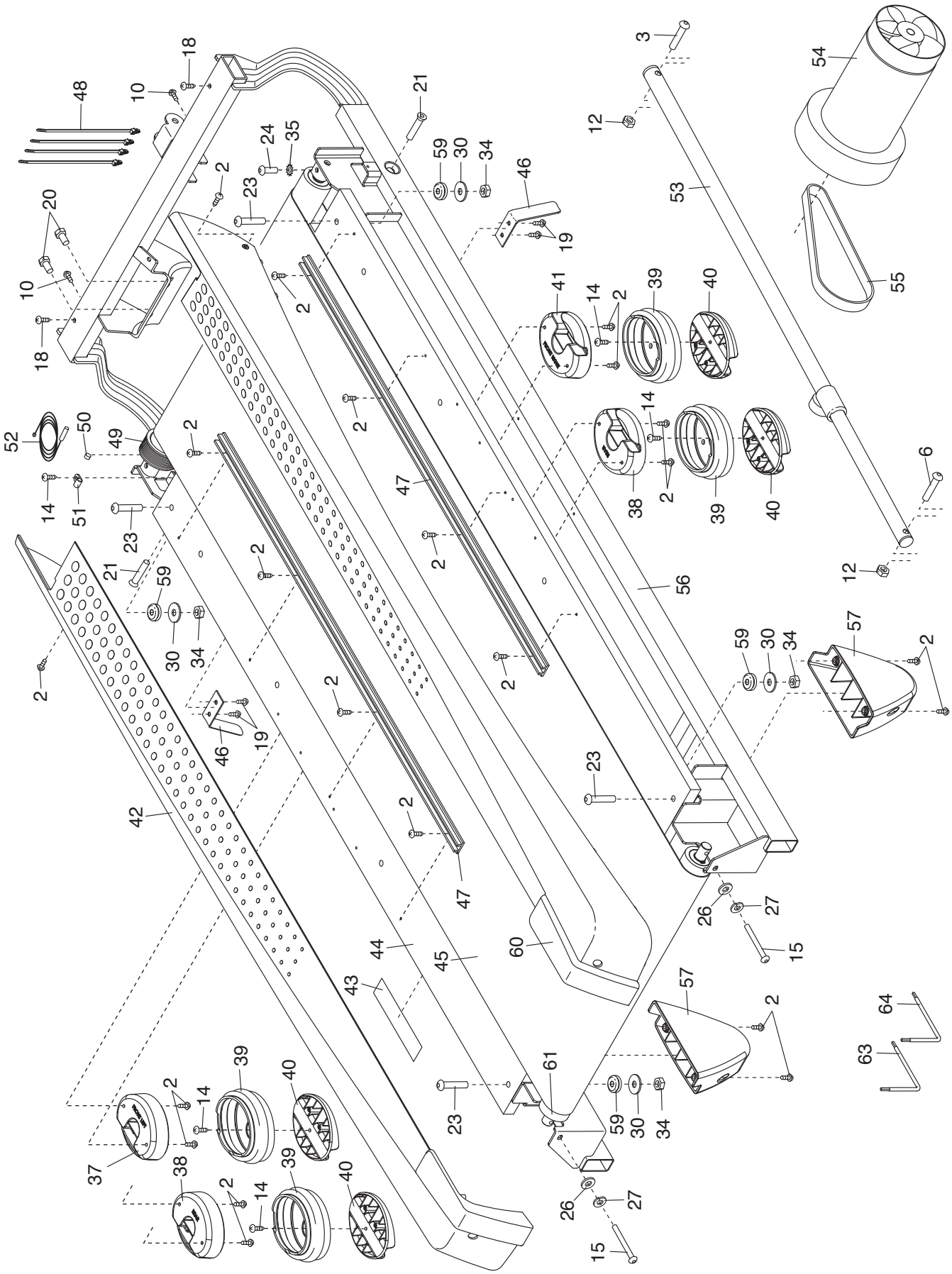
Key No.	Qty.	Description
1	25	#8 x 1/2" Screw
2	61	#8 x 3/4" Screw
3	1	3/8" x 2" Bolt
4	2	5/16" x 1 1/4" Bolt
5	4	5/16" x 1" Screw
6	1	3/8" x 1 3/4" Bolt
7	4	3/8" x 2 3/4" Screw
8	4	3/8" x 1 1/4" Screw
9	2	#10 x 3/4" Screw
10	7	#8 x 1/2" Ground Screw
11	4	5/16" Star Washer
12	2	3/8" Nut
13	4	3/8" Star Washer
14	17	#8 x 3/4" Tek Screw
15	2	Idler Roller Screw
16	1	3/8" x 1 1/2" Bolt
17	2	3/8" x 1 3/4" Wheel Bolt
18	2	#8 x 1 3/4" Screw
19	9	#8 x 7/16" Screw
20	2	5/16" Motor Screw
21	2	1/2" x 2 1/4" Bolt
22	2	3/8" x 1" Bolt
23	4	5/16" x 1 3/4" Shoulder Bolt
24	1	1/4" x 1" Screw
25	4	#8 x 1" Screw
26	2	1/4" Washer
27	2	1/4" Lock Washer
28	4	#8 x 3/4" Belly Pan Screw
29	1	3/8" x 2" Hex Head Bolt
30	4	5/16" Platform Flat Washer
31	2	5/16" Cage Nut
32	2	1/2" Nut
33	6	3/8" Jam Nut
34	4	5/16" Nut
35	7	1/4" Star Washer
36	4	1/4" x 1/2" Screw
37	1	Left Front Isolator Top
38	2	Rear Isolator Top
39	4	Isolator
40	4	Isolator Bottom
41	1	Right Front Isolator Top
42	1	Left Foot Rail
43	1	Caution Decal
44	1	Walking Platform
45	1	Walking Belt
46	2	Belt Guide
47	2	Foot Rail Track
48	4	Cable Tie
49	1	Drive Roller/Pulley
50	1	Magnet
51	1	Reed Switch Clip
52	1	Reed Switch
53	1	Storage Latch
54	1	Drive Motor
55	1	Motor Belt
56	1	Frame
57	2	Rear Foot
58	1	Frame Endcap Cover
59	4	Rubber Cushion
60	1	Right Foot Rail
61	1	Idler Roller
62	1	Frame Endcap
63	1	Hex Key
64	1	Short Hex Key
65	1	Motor Hood
66	1	Hood Accent
67	2	Incline Frame Spacer
68	1	Incline Motor Sensor
69	1	Incline Motor
70	1	Incline Frame
71	2	Frame Spacer
72	1	Controller
73	1	Controller Plate
74	2	Hood Post
75	1	Power Switch
76	1	Power Cord
77	2	Grommet
78	1	Belly Pan
79	1	Left Upright Cover
80	1	Right Upright Cover
81	1	Upright Wire
82	1	Left Base Cover
83	1	Right Base Cover
84	2	Handrail Cap
85	1	Left Handrail Cover
86	1	Right Handrail Cover
87	1	Right Handrail
88	1	Left Handrail
89	1	Left Upright
90	1	Right Upright
91	2	Warning Decal
92	4	Base Pad
93	1	Crossbar
94	1	Base
95	1	Right Wheel Cap
96	1	Left Wheel Cap
97	2	Wheel
98	1	Key/Clip
99	1	Cable Tie
100	0	Not Used

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Module Housing	108	1	Right Tray
102	1	Console Back	109	1	Console Base
103	1	Console	110	1	Base Ground Wire
104	1	Console Frame	111	3	Hood Clip
105	1	Ground Wire	112	2	#10 x 3/4" Flat Head Screw
106	2	Console Clamp	113	4	5/16" Flat Washer
107	1	Left Tray	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

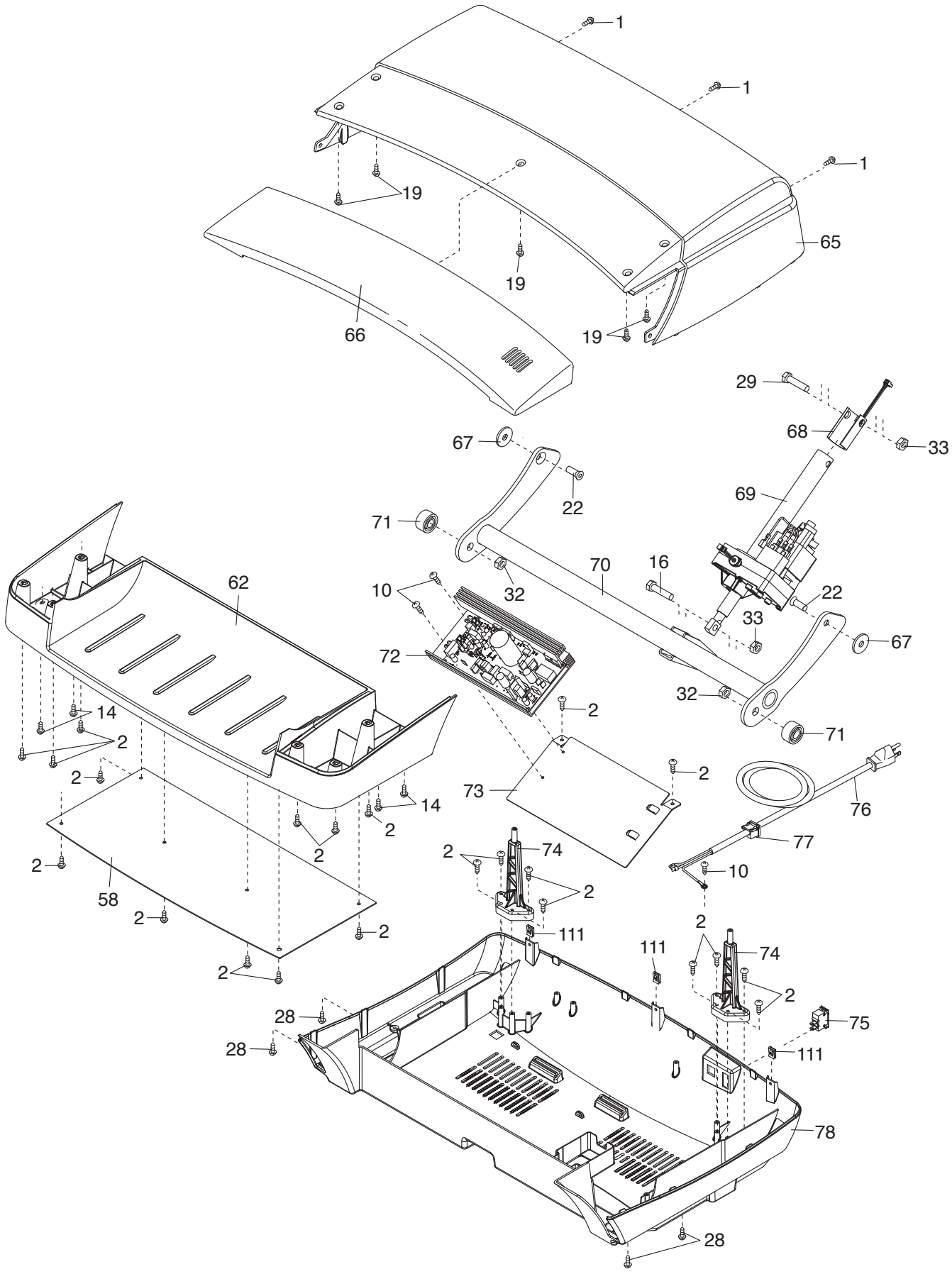
EXPLODED DRAWING A

Model No. PFTL14511.1 R0312A



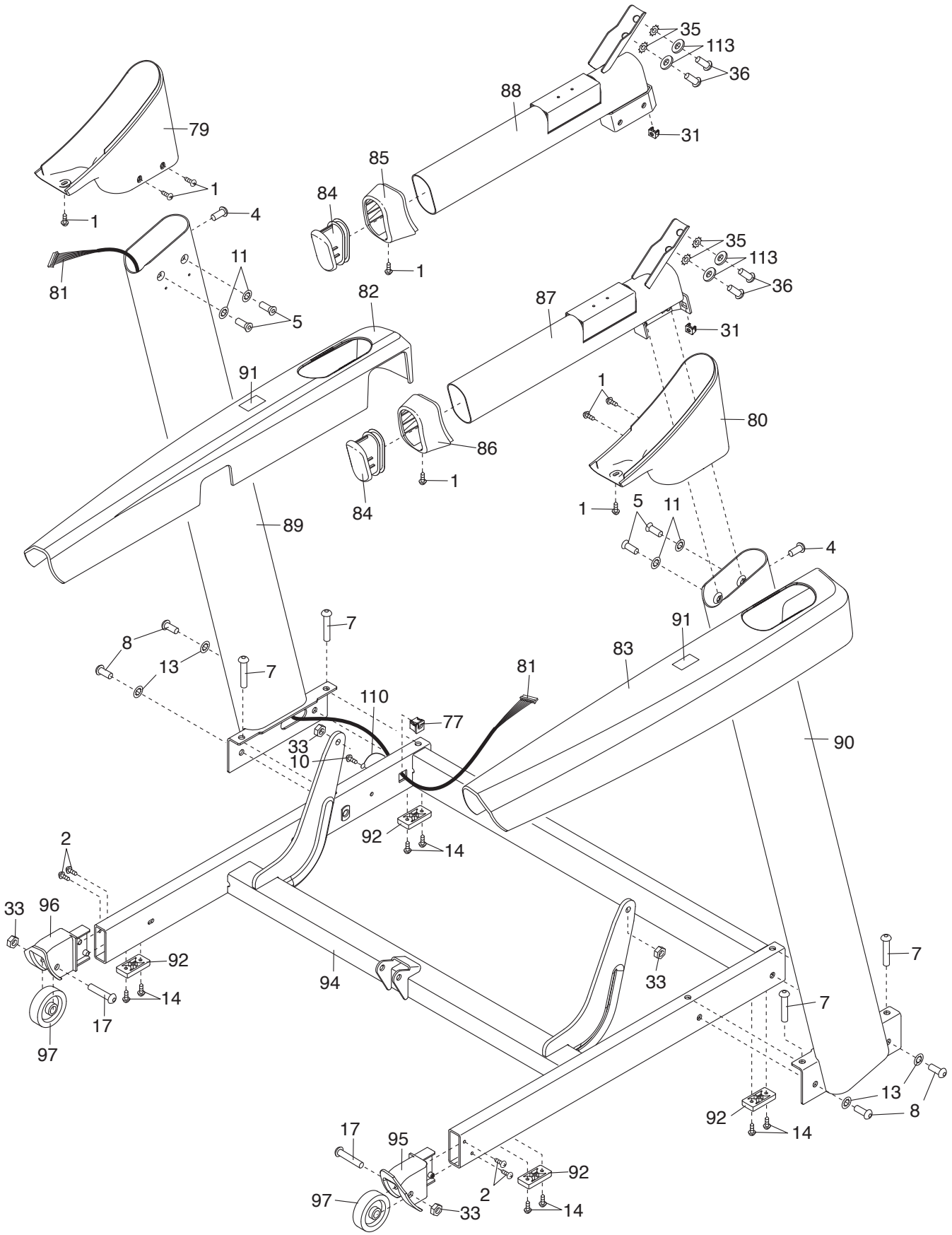
EXPLODED DRAWING B

Model No. PFTL14511.1 R0312A



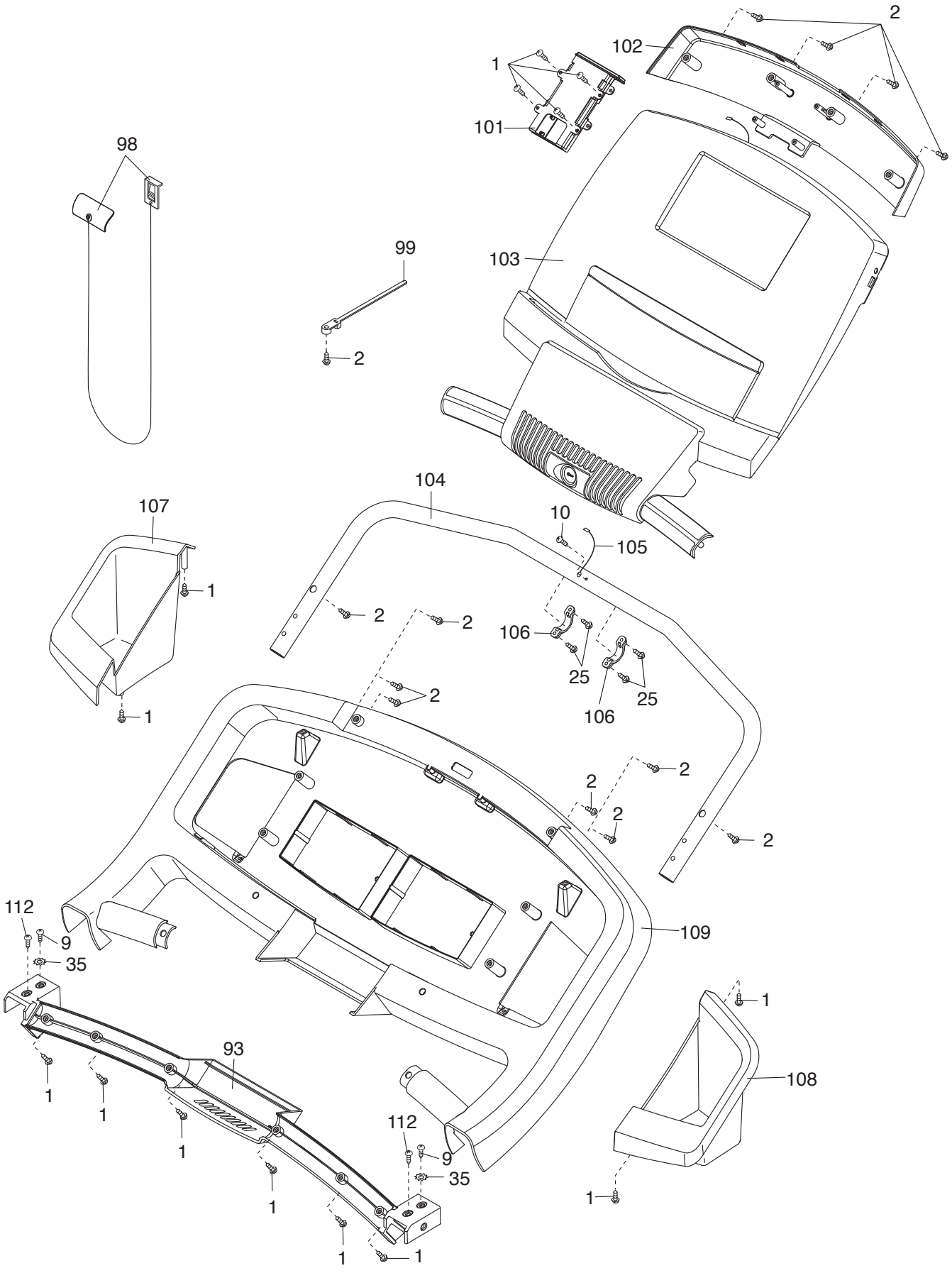
EXPLODED DRAWING C

Model No. PFTL14511.1 R0312A



EXPLODED DRAWING D

Model No. PFTL14511.1 R0312A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.proformservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame, drive motor, and walking platform are warranted for a lifetime. Parts and electronics are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 317606 R0312A
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